



FODMAP

Which foods contain FODMAPs?

Spreads, condiments and flavourings

Honey, Shop-bought chutneys, Dressings, Gravies (containing onion), Relishes and sauces, Stock cubes

Breads, biscuits & cakes

All biscuits, Bread, Breadcrumbs, Cakes, Croissants, Crumpets, Muffins and pastries containing wheat and rye, Ready-made sourdough breads

Fats and oils

Dairy spreads and margarine (in large quantities)

Flours and grains

Barley, Bulgur, Chickpea flour*, Couscous, Durum, Lentil flour*, Multigrain flour, Pea flour*, Rye, Semolina, Soya flour*, Wheat bran, Wheaten cornflour, Wheat flour, Wheat-germ

Vegetables

Broccoli, Brussels sprouts, Cabbage, Garlic, Mushrooms, Onions

Cereals

Wheat-based and mixed-grain breakfast cereals, Muesli

Dairy foods and alternatives

Milk, Ice cream, Soft cheeses (in large quantities), Yogurt

Fruits

Apples, Nectarines, Pears, Peaches, Plums

Meat, fish and eggs

Sausages and other processed meats (check for onion and dehydrated vegetable powders)

Nuts and seeds

Pistachios

Pasta and noodles

Egg noodles, Pasta, Gnocchi

Drinks

Fruit juices made with FODMAP fruits

*These contain the oligosaccharides GOS and fructans, but in small amounts as part of a recipe do not cause IBS symptoms in most people. You should assess your tolerance under the supervision of a registered dietitian.